



John Murray, Editor

February Issue

Port Townsend, Washington

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Some Errors in Nutrition

It is a strange fact that error perpetuates itself. If an idea is repeated often enough it is eventually accepted as absolute truth, regardless of its falseness. If we search and probe and investigate, we find errors in almost every human idea and activity. Yesterdays facts become today's mistakes. Yesterdays ideas become today's frauds. This applies to politics, economics, religion, medicine, business, agriculture, sex and love, and especially nutrition and health. This state of affairs is not such a mysterious phenomenon. It is due to the fact that we human beings possess an ego that compels us to seek personal gain at the expense of others regardless of the consequences to others and to ourselves. There is one universal rule that governs every thought and act, namely, personal gain and personal profit. Regardless of the method used to disguise the motive, there is personal gain, financial or otherwise, hidden somewhere in the background. You and I work in order to earn money. Business advertises in order to make greater profits, etc., etc., Absolute truth cannot survive in such a climate. Truth is always sacrificed on the altar of gain, if we humans are compelled to choose one or the other.

President Eisenhower's heart attack, which occurred a few years ago, set off a wild and senseless and unproven propaganda barrage against animal fats. Because animal fats contain cholesterol, most medical people, uninformed and prejudiced dietitians and fanatical vegetarians joined in a witch-hunt designed to frighten us simple minded, but healthy and vigorous, fat eaters away from one of our favorite foods. Without any thorough research and investigation, animal fats became public enemy number one. The propagandists were perfectly safe in condemning animal fats because the public demands fat meats and then trims off the fat and discards it. The public pays for animal fats and then throws them away. The meat packing industry does not suffer any financial loss. If these same propagandists ever condemn sugar and starch, which are the real source of excess cholesterol and deficiency of fatty acids, they will encounter the mighty and self-righteous wrath of the sugar industry and the grain milling industry.

There are now a few isolated indications that the anti-fat propaganda has lost some of its steam and may soon come to a halt. In case it does, the public will perhaps be told the true causes of high blood pressure, high blood cholesterol, atherosclerosis, coronary thrombosis and strokes. As I have indicated in a previous article, Stefansson, the arctic explorer and anthropologist, is probably the leading meat and fat eater in the country, having been converted to a meat and fat eater while living with primitive Eskimo tribes in the arctic in his youth. In 1956, which was a shortly after Eisenhower's attack Stefansson revised one of his earlier books and renamed it The Fat of the Land. Introductions to the book were written by Dr. Frederick J. Stare, M.D. and Dr. Paul Dudley White, M.D. As you probably know, Dr. White attended the President during his recovery. He is generally considered the leading heart specialist. I hereby quote from his introduction: "Dr. Stefansson presents his side of the case in a new chapter in this book. More controlled scientific data is needed by all concerned especially by the high-fat proponents. In any case, to paraphrase the title of



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the book, we may say that coronary heart disease is caused not by fat alone, despite the probably major importance of excessive fat in the diet." End of quote.

Stefansson and his associates have given us ample proof that a high protein high fat, low carbohydrate diet does not produce the high blood cholesterol blamed on animal fats. There is no evidence, as far as I know, that such a diet produces high blood pressure, strokes or coronary heart disease. There is much evidence indicating that starch or sugar, plus fat is the source of the danger. Dr. D. C. Munro, M.D. gave us this information several years ago in his book Man Alive, You're Half Dead. The present evidence indicates that we must choose between fat meats or carbohydrates. We cannot have both and be safe, at least not in the same meal. Bakery goods become deadly.

Here is a paragraph from the September issue of Prevention Magazine, written by the editor, J. I. Rodale, dealing with the world's greatest fat eaters. "We have in our files a recent report (Sept. 27, 1958) on the cholesterol content of the blood of 842 Eskimo men, which appeared in The Lancet (an English medical journal) for that date. The authors tell us that earlier researchers seemed to find that cholesterol levels in Eskimos were lower than those of other Americans, but Scott, Griffith, Hoskins and Whaley, who wrote this article tell us that they found nothing unusual about the cholesterol level, although there is considerable variation from place to place. This does not suggest, surely, that Eskimos die of hardening of the arteries at the age of 27, although such a statement has been given wide circulation?" End of quote by Rodale.

In the December issue of the same magazine, we again quote Mr. Rodale. "Nutritionists at the agriculture department's main research center at Beltsville, Maryland, are quietly adding sugar to the lengthy list of foods suspected of causing trouble in the heart and arteries, according to a story in the Wall Street Journal for June 18, 1959. It seems that a series of experiments have shown that ordinary table sugar may play an important role in the body's production of cholesterol, the fatty substance which becomes deadly when it accumulates in places, where it does not belong." End of quote.

Here is an item from Applied Trophology, dated October 1959. "Cholesterol is an important tissue constituent; therefore must not be looked upon as a substance to be avoided. If test animals are fed cholesterol they produce less in their livers in a corresponding amount. Since cholesterol in food reduces the amount produced by the body, it is obvious that persons have high blood cholesterol for the same reason other than too much in the food intake (such as animal fats, eggs, meats, etc.) The real cause is in all probability dietary deficiency of the natural cholesterol metabolizers." End of quote.

Nutritionists and biochemists seem pretty well agreed that the natural cholesterol metabolizers are the fatty acids in animal fats and traces of lecithin, which keep the cholesterol in a fluid state, and the amino acids such as methionine, choline and cystine found only in animal proteins and soybeans. These food factors are not produced by the body, while the liver produces cholesterol from sugars and starches. That is why a combination of sugar, starch and animal fat is a dangerous

mixture in the body. In fact, refined sugar and refined starchy foods alone do not contain cholesterol metabolizers, but they apparently do produce cholesterol in the body. I think you are capable of drawing your own conclusions. More on this subject in a later article.

Fraternally,

Pete I. Eitrem, R.M.T.
Pres. Wash. Chapter

Dear Members, R.M.T.

Please bear with us, in our preparation of this little massage news. In our limited time to get out each issue, we can and do make some mistakes. In our Christmas issue we did not take the time to proof read it, so several typographical errors got by. Hope you could get the meaning of what we were trying to say.

Editor

Physical Therapy - Physical Therapy is the therapeutic use of physical agents other than drugs. It comprises the use of physical, chemical and other properties of heat, light, water, electricity, massage and exercise, roentgenology and radiation.

Physical Therapist - A medical graduate skilled in physical therapy.

Physio-therapy - Obsolete, the term "Physical Therapy" has supplanted it in medical usage.

Mr. Murray:

I've been sick so much the last two years, I can't think of much to write.

I understand there is a movement in the state of Washington, to get all Masseuers and Masseuses to join a group, to ask to be allowed to come under the grandfather clause to become registered therapists, and use the R.T. after our name.

The licensed practical nurses did this in '49 or '50. We don't get any better pay in most places, and no more recognition than we did before.

I intend to investigate concept therapy as well as contact therapy. If I can sell my nursing home, and move some where on a bus line, I will be real busy.

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I have my reducing equipment for sale, one slendro from the McLevy Co. in New York, and an exercycle.

I have made good contacts with the Golden Age Clubs and have several new customers from there. The doctors here are quite familiar with my work and send me several patients.

Recently, I had a little girl eight years old, come in on Sunday for a colonic. I told her mother if she was not better in three hours to call their doctor. She slept well that night but the next morning the mother called and said the pains had started again. I told her to call her doctor immediately, she did and told him I had examined her and told her to call him. He said, "Well then, get her here at once." When she arrived at the hospital they didn't wait to examine her, just took her straight to surgery. The doctor called me and said it was appendicitis and thanked me for my help.

Another case of an unmarried woman near forty who was pretending she was quite ill after an accident. A doctor called me and wanted to know what I thought. I asked him to call in Dr. Hood (Psychiatrist) as I thought it was put on for the benefit of the two insurances she carried. After close observation and X rays and tests, the doctor called me and said my diagnosis was correct. That she admitted that she didn't hurt as much as she pretended.

I think it is up to each individual to contact the doctors for their approval, as much as possible. I have patients sent to me by both doctors and hospital for colonic therapy. Several nurses and doctors wives are my patients.

I had a lot of trouble during menopause, I took Red Raspberry tea, it stopped the cramps and regulated me, something the doctors couldn't do with out putting me in the hospital. Thanks for your herb formula Mrs. Eitheim it doesn't taste good but it works.

Oh yes, there is a state movement for nursing homes to furnish therapy for their patients. I understand that California and Arizona has a regular full time massuer in their nursing home. Washington is working on that now. We have accepted the plan and signed our papers and sent them in.

I am sorry I haven't been more active the last few years, but my husband isn't well and its about time that it is going to make a nervous wreck out of me.

I recently had the flu, got up to quick, had a back set and pneumonia, got up had pleurisy, then a nerve collapse, I guess I had better slow down or quit before it is too late. Have been in the hospital three times in three years.

Well, Here it is, I don't know if you can use any of it or not. I hope so.

Jessie Smith R.M.T.

We are sorry to hear of your poor health, and hope the future will be more kind to you. EDITOR

Human Comedy

My ailing patient had a wife in attendance with a huge but inaccurate medical vocabulary, which she used not only to describe his symptoms, but to prescribe treatment as well.

Occasionally, however, she did consult me. I just don't know, she once said with a sigh, I've racked my brain to decide what can be done for him, doctor, How effective is an autopsy?

We've made great medical progress in the last generation. What used to be merely an itch - is now an allergy.

Why Editors Leave Town

Headline in a Boston paper - "Hotel Burns. Two hundred guests escape half glad.

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Excerpts from letter by P. R. Canaday.

I finally located our old friend and active member after several months of waiting for an authentic address. Pryor R. Canaday, R.M.T. I had been saving the issues of the Washington Massage News for him, so sent them all in a bunch.

= Here are some excerpts from his letter to all members. Dear Friend. Just received your letter of December 7 and was glad indeed to hear from you. I had thought I was forsaken by all, as I had no word nor received no paper of the Massage News, which I do miss.

I suppose you know the highway took our home from us with only about one half of its value and gave us 30 days to find another. We found a house in Georgetown, our address is 6245 Flora Avenue, Seattle 8, Washington.

We have a nice home but of course it doesn't please us as the old home did. It is a brick structure with two bed rooms on the main floor and three bed rooms upstairs and a full basement. The basement I have converted into an office and treatment room. Utility and work shop.

We are close to shopping which makes it handy for us in our old days. But the sad part of it is the wife took it so hard, she had a stroke two months after we had moved and has had three strokes to date but is doing better again.